

~Join the fun and get outside!~



**ALTON  
PARKS &  
RECREATION**

# 2010 Summer Brochure

**Creating Community Through  
People, Parks and Programs**

**REGISTER  
EARLY!**

**875-0109**

## **FIREWORKS** (off the barge in Alton Bay)

### **INDEPENDENCE DAY**

Saturday, July 3, 2010

at 9:20pm, Alton Bay

Rain Date: Sat., July 10, 2010

Echo Tones Concert; 7:00pm.

### **OLD HOME DAY**

Saturday, August 14 at 9:00pm, Alton Bay

Rain Date: Sunday, August 15, 2010

Echo Tones Concert at the Bandstand at 7:00pm



## **CONCERT SERIES- Get outside- dance & sing!**

7:00pm-9:00pm, Alton Bay Bandstand, Free.

Bring a blanket or chair and enjoy the lake.

All ages are invited.

The Concert Schedule includes:

**July 3** *Echo Tones*- Classic Rock

**July 10** *Jose Duddy*- Country

**July 17** *NOTEable DECADES*- 50's-90's

**July 24** *Dr. Harps Blues Band*- Rhythm & Blues

**July 31** *60's Invasion*- 60's Music

**Aug. 7** *Pony Express*- Country & Western

**Aug. 14** *The Echo Tones*- Classic Rock & Roll

**Aug. 21** *60's Invasion*- More 60's Music

**Aug. 28** *\*James Barnes*- Folk Music

\*Sponsored by: ALTON HOME & LUMBER CENTER



## **BIKE RODEO**-Get outside and play with us.

Sponsored by Alton P&R and Alton Police Dept.

Event includes: Bike Rodeo- bring your bike; K-9 Demonstration and more. Learn new skills and test your abilities. Ride the mini street course. Meet the officers and collect their trading cards.

May 22, 10:00am-2:00pm, Rain date is May 23.

Alton Central School Field



## **CANOE and KAYAK RACE**

Sponsored by River Run Deli-Get outside and float.

Canoe the scenic Merrymeeting River into Alton Bay, two portages. Register before June 7, 2010 and receive a race shirt, limit two per boat. Categories include: recreational, racing and kayak.

Prizes awarded to category winners.

Register race day at 8:30am.

Sunday, June 27, 2010

10:00am, River Run Deli

\$20 per watercraft/double, \$10/single

Boat rentals available for \$10.



## **TOWN WIDE YARD SALE**-Get outside and browse.

Looking for that special treasure or for a unique item? Try the Town Wide Yard Sale. Community members will be sponsoring a giant Yard Sale in Alton. All locations are marked on the "Yard Sale Locator Map".

Saturday, June 5, 2010

Rain date is Sunday, June 6, 2010

9:00am-3:00pm

Free maps are available at A.V.A.S. Public Park, Town Hall, Gilman Library, and Alton Banks.



## **OLD HOME DAYS**- in Alton Bay- Celebrate the Town of Alton with community members.

### **August 14-**

5K Road Race- 9:00am

Craft Fair- 10:00am-5:00pm

Vintage Boat Show- 9:00am-12:00pm

BINGO for all ages- 4:00pm- Bandstand

Co-Sponsored by Meredith Village Savings Bank

Fire Dept. Chicken BBQ- 4:00pm

Concert- Echo Tones- 7:00-9:00pm- Bandstand

### **August 15-**

Craft Fair- 9:00am-3:00pm



## FAMILY ACTIVITIES

### OLD HOME DAY CRAFT FAIR

-Get outside and stroll.

August 14- 10:00am-5:00pm

August 15- 9:00am-3:00pm

Railroad Square Park, Alton Bay,

Free Admission

Handmade New England craft items including: fine wood crafts, candles, fleece, Stoneware pottery, Native American, jewelry, fabrics, quilts, floral, doll furniture, scroll saw fretwork, handmade soaps and much more.



### 5K ROAD RACE- Get outside and run.

August 14, 2010

9:00am, \$15 pre-registered,

\$20 race day, Alton Bay Bandstand

Co-Sponsored by Meredith Village Savings Bank.

Computerized timing provided by Granite State Race Service, results posted online. USATF Certified Course through Alton. Every mile marked. Spring water stops at start, finish and 1.5 miles. Scenic, slight varying course, flat/downhill with one moderate incline, paved. Traffic control and ambulance personnel stationed along the route. Refreshments available at the finish line. Awards to overall male and female, first Alton male and female, top male/female finisher in each category and walking. Awesome, long-sleeve t-shirts to all runners who pre-register before August 1, 2010. Please specify size. A limited number of t-shirts will be available for post-registered runners on a first come, first served basis. Special raffle during the awards ceremony, open to all registered runners.



### ALTON BIKING CLUB- Get outside and ride.

Join us as we bike trails and roads and discover new adventures. Enjoy the beauty of lakes, mountains, streams and wildlife. Bring a water bottle, snack and gear including your own bike. Bikes should have the ability to go off road; mountain bikes and hybrid bikes are best. Most rides are 60-90 minutes. Locations will be announced each week. Call for directions and locations. Please register at least two weeks in advance to secure your spot. Participants under 16 must be accompanied by an adult. Min. 4, Max. 12.

**Thursdays**, June 3-September 30,

5:30pm-Trail Head in Alton- Free

**Fridays**, July 9 and August 6-

Seacoast Ride from Odiorne State Park,

Rye to Hampton Beach

26 miles, 9:00am-4:00pm; \$4.00pp park entrance fee.



### PADDLE CLUB- Get outside and paddle.

Bring your canoe or kayak and paddle with us as we explore local waterways. We are meeting at the River Run Deli and launching into the Merrymeeting River. If you do not have a boat- rentals are available for \$10. Most trips are 60-90 minutes; go at your own pace- all levels welcome. Locations will be announced each week. There is good fishing in the river if you are a licensed angler and would like to bring your pole as we stop for a rest. Please register at least two weeks in advance to secure your spot. Participants under 16 must be accompanied by an adult.

Tuesdays, June 22-August 3- Free.

August 10- Pic-A-Canoe- Sign up for the finale paddle club event and enjoy a delicious picnic supper on the river. Deli meal includes sandwiches, wraps, salads and dessert. \$10pp. 5:30pm at River Run Deli, Rte. 28.

### GEOCACHING-GPS ADVENTURE GAME

**Get outside and seek.**

Great news!! We just added new caches in Alton/Alton Bay. Geocaching is an entertaining adventure game for GPS users. The purpose of the game is to find a hidden cache. Once you find the cache you take one of the treasures inside the cache and leave something of yours behind: an entry in the notebook, your name and date, small token, etc. On your way to find the cache you will see many treasures-lakes, mountains, wildlife and spectacular views. Check out the Alton Parks and Recreation Sponsored caches at [www.geocaching.com](http://www.geocaching.com), where you will find more detailed rules about this exciting environmental sport and information on how to get started-like the waypoint for our caches. Please contact us if you have any questions on how to get started.



### Little Pesaukees Play Group

This free drop-in program is open

to all children newborn to five years of age, and is held at the Alton Bay Community Center on Tuesdays and Thursdays from 9:00-11:00am. Come and meet new parents and children. This program is a drop-in playgroup and is not an organized pre-school program; parents must stay and supervise their children during the program. Parents are also asked to please bring a peanut free snack for their own child. Activities include: reading books, snack-time, and free play- we provide the books, puzzles, toys and games and you provide the interaction. This is a great program to introduce you and your child to other members of the community. Please contact us if you would like more information or visit [www.LittlePesaukees.org](http://www.LittlePesaukees.org).

## YOUTH ACTIVITIES

### Pre-School Programs

These programs are held at the Alton Bay Community Center on Mondays for ages 3-5 from 10:00am-11:30am. Participants must be toilet trained. Please remember to apply sunscreen, we will be playing outside. Register early, space is limited.

Dpd}lqj#Duwlwv

Coloring, painting, and drawing are some of the amazing activities we will do on this warm summer morning. Bring along your creativity and imagination and let's all be "artists" for a day!

July 12, \$5.00 per person, register by June 28



### Typhoon Lagoon

Come experience the waves, waterfalls and all the wet and wild fun that we have in store for you. Try out our super slip and slide, melt the ice game and cool off with a cold treat. Be prepared~ you will get wet.

July 19, \$5.00 per person, register by July 5



### Bubbles Galore

Summertime is made for blowing bubbles. Painting with bubbles, popping bubbles and crazy bubble fun with your very own "foamanator". We will go bonkers for bubbles and it's sure to be a popping good time for everyone.

July 26, \$5.00 per person, register by July 12

### Chalk it Up!

Are you creative? Do you like to color, paint and draw? Come join us as we create and display murals in the park. Our activities will include drawing and painting with chalk, sidewalk chalk games and lots more creative fun.

August 2, \$5.00 per person, register by July 19

### Playtime with Play Dough

Preschoolers and play dough are the perfect combination. Let's start from scratch and whip up a batch of colorful and sweet smelling play dough for each of us. Everyone gets to take home a little bag of fun.

August 9, \$5.00 per person, register by July 26

**US SPORTS INSTITUTE-** Get outside and laugh. **SPORTS SQUIRTS- AGES 3-5- 4:00pm-5:30pm, \$99** A program designed to introduce young children to a variety of sports in a safe, structured environment. All games and activities will encompass hand/eye coordination, balance, agility and movement- key factors to early development of children in sports. In addition to play, children will develop social interaction and communication skills. All sports are developed through learning and most importantly: fun, fun, fun! Week includes: introduction to sport hand-eye coordination, movement and balance; Soccer; Basketball; Lacrosse/ Hockey; Tennis and Softball.

July 26-30, Jones Field; Monday-Friday, \$99- includes t-shirt and certificate.

## Totally Fun Tuesdays

For ages 6-11, held at the Alton Bay Community Center from 1:00pm-3:00pm. Please bring a bathing suit, towel and apply sunscreen each day- we will go swimming in the lake.



### It's a Pizza Party

We're having pizza with friends as we play cooperative and board games. We will end the party with swimming at the dock. Join in the fun as we reconnect with friends from school and talk about our amazing summer fun.

July 6, \$6.00 per person, register by June 25



### Crazy Craft Creations

Stained glass, thread jewelry, molding with clay and more. We have an array of crafts for you to complete. With a little creative thinking you may come up with a craft idea of your own to share. There is no limit to the possibilities ahead of us.

July 13, \$6.00 per person, register by July 1



### Wet and Wild

It's hot and the sun is shining. Are you ready for some wild fun in the sun? Be prepared... you WILL get wet. Our afternoon will include waves of wet and wild water games. Caution- water balloons are flying. After a cool snack we will take a jump off the dock.

July 20, \$6.00 per person, register by July 8



### Ice Cream Sundae Time

We are serving delicious ice cream on a hot summer afternoon. Join your friends for a make your own sundae extravaganza. You get to be the one to create a bowl full of yummy galore. We will finish up with a swim.

July 27, \$6.00 per person, register by July 15

### Bend A Who?? Bend a Roo!!

Shape'Em, Wrap'Em, and Stick'Em. It's sure to be an afternoon of amazing, flexible, building fun. Build, draw and decorate with Bendaroos- amazing, flexible building sticks. There is always so much to do. After a fun summer time treat we will go swimming.

August 3, \$6.00 per person, register by July 15



### Candy Bar Bingo

Join us for a fun afternoon of BINGO. All participants need to bring along one FULL size candy bar (\$.50 or larger) to put into the prize pool. Bingo winners will choose a candy bar and one name out of a hat for a door prize. There will be two winners for each game. Everyone goes home with a prize.

August 10, \$6.00 per person, register by July 29

## Wildly Cool Wednesdays

For ages 6-11, held at the Alton Bay Community Center from 11:00am-3:00pm. Please bring a lunch, bathing suit, towel and apply sunscreen each day- we will go swimming in the lake.

### Bake A Cake- Cooking Fun



Have you always wanted to be the head baker in a pastry shop? Do you like to cook and learn new ideas? You will start with a recipe, gather the ingredients and mix up a batch of tasty fun. From scratch to decorating with the finishing touches, you are in charge of the kitchen today.

July 7, \$10.00 per person, register by June 24

### Marshmallow Creations

If you like marshmallows and you are imaginative then this program is just for you. We will make marshmallow towers, marshmallow jewelry, marshmallow animals and enjoy a well known, awesome summertime treat. It should be a sticky afternoon of imaginative fun.

July 14, \$10.00 per person, register by June 30

### The Gold Rush in Alton Bay

Join the rush for gold in this crazy chase for treasures and treats. Experience the fun of a real live treasure hunt. Clues will be hidden in the park and participants will have to find the trail that leads to the gold. Beware of calamity my friend; it can strike at any time from a number of unlikely sources.

July 21, \$10.00 per person, register by July 9



### Crazy Carnival Day

Step right up and have a turn. There is fun to be had by all at the crazy carnival day in Alton Bay. Join us for some fun and creative carnival games and no carnival is complete without carnival treats. Our afternoon is sure to be packed with festive enjoyment and amusing fun.

July 28, \$10.00 per person, register by July 16

### Deal or No Deal

It's Deal or No Deal~ penny candy style. Compete in the exhilarating hit game show where contestants play and deal for a top prize of 100 pieces of penny candy. It's a high-energy contest of risk, instinct and luck.

August 4, \$10.00 per person, register by July 13

REMINDER: CHILDREN UNDER THE AGE OF 14 MUST BE ACCOMPANIED BY AN ADULT AT THE TOWN OF ALTON SWIM FACILITIES.

### Halloween In August

The actual holiday may be weeks away but we are already planning for a spooktacular event. Come join us for an afternoon of Halloween fun. Dress up in your favorite costume from Halloween past or start planning for this years disguise. We will do festive autumn crafts and share creepy-crawly treats.

August 11, \$10.00 per person, register by July 20

## YOUNG AUTHOR'S SERIES-

Program held at Gilman Library-

**Create Your Own Book** July 14, 10:00am-12:00pm, Ages 7-10 (Grades 1-5)

Create your own original book! Participants write an original story and create their own hardcover book to take home. Parents are welcome to stay.

**Books in Detail** July 28, 10:00am-12:00pm, Ages 11-14 (Grades 6-8)

Create your own original book! This session focuses on techniques for creating strong detail in a story. Participants then write an original story and create their own hardcover book to take home. Participants are welcome to bring a rough draft of a story to work with.

**Journal It!** August 4, 10:00am-12:00pm, Ages 9-14 (Grades 5-8)

In this session, participants will make their own journal from materials provided by Inspire! In addition, we will explore and practice different journaling techniques.

**Capturing Memories** August 11, 10:00am-12:00pm, Ages 9-14 (Grades 5-8)

Capture your memories on paper! Participants will work independently and collaboratively to capture their own powerful memories.



A minimum of 6 participants is needed for sessions to run. Cost \$7 per session. Please register by July 8.

## HOLISTIC TOOLS FOR KIDS- Ages 10-12

This program will teach children tools to help them through life time situations: school, family, friends, sports, stress, etc. The program focuses on relaxation techniques: breathing, meditation, yoga and learning/practicing the energy healing of Reiki. Please pre-register by July 1. Instructors: Carol and Dick Wallace of Holistic Health Journey.

July 10, 9:00am-3:00pm, \$50, Alton Town Hall

## HOLISTIC TOOLS FOR TEENS- Ages 13-16

This program will teach teens tools to help them through life time situations: school, family situations and responsibilities, stress, peer pressure, etc. The program focuses on relaxation techniques: breathing, meditation and yoga and learning/practicing the energy healing of Reiki. Please pre-register by August 2. Instructors: Carol and Dick Wallace of Holistic Health Journey.

August 21, 9:00am-3:00pm, \$50, Alton Town Hall

## YOUTH SPORTS/CAMPS

### T-WOLVES BASKETBALL CLINIC

A summer basketball clinic with a focus on FUNDamentals, basic skills- dribbling, passing, shooting and more for girls and boys in grades 5&6 and 7&8. Special guest coaches from Plymouth State and Keene State Colleges, PMHS, Barnstead Elementary, and Barnstead and Alton Parks & Rec. Departments.

Grades 5&6 Boys- 8:00am-10:00am;

Grades 7&8 Boys- 10:00am-12:00pm;

Grades 5&6 Girls- 12:00pm-2:00pm;

Grades 7&8 Girls- 2:00pm-4:00pm

July 13-15; Monday-Wednesday; PMHS, \$20, \$10 each additional child, Register by June 18.



### RECREATION SOCCER LEAGUE-

Sign up now~ DEADLINE TO REGISTER IS AUGUST 1. Please note: **Late registrations will not be accepted, no exceptions.**

General Information: Practices will be 1-2 evenings per week in Alton. Games will be held on Saturdays at local community fields. Our focus is fun, positive sportsmanship and learning new skills.

**Equipment needed:** All players must have their own soccer ball, shin pads- worn at all times, water bottle, black shorts and black/red socks. Please purchase the correct size ball for your soccer player to aid in their management and control of the ball. The size number is printed on the ball.

Boys and Girls Co-Ed Soccer Grades 1-2, size 3 ball

Boys Soccer Grades 3-4; Girls Grades 3-4, size 4 ball

Boys Soccer Grades 5-6; Girls Grades 5-6, size 4 or 5 ball

Co-Ed Soccer Grades 7-8; size 5 ball

\$30.00 registration fee. The first practice starts August 21. Please arrive at Jones Field on August 21 at the following times: Grades 1&2-8:00am; Grades 3&4-9:00am; Grades 5&6- 10:00am; Grades 7&8-11:00am (if you are not able to make the first practice call 875-0109- a spot will be saved). Games will begin September 11, 2010. Deadline to register is August 1. \$30.00 registration fee before/on August 1, \$50.00 after August 1 and placed on wait list.

### PLAY SOCCER CAMP- Get outside and kick.

For ages 6-12 and all abilities.

An outstanding, educationally based soccer curriculum that is instructional and fun. Participants will practice drills, play games and enjoy learning new techniques. Bring shin guards, soccer ball and water. Min. 15.

August 2-6, Jones Field, 9:00am-11:30am

\$95, includes camp shirt,

family discount- \$6 off additional siblings.



### RED CROSS SWIMMING LESSONS

Please register directly with ND Parks and Recreation and contact them for session dates:

603-859-5666



### US SPORTS INSTITUTE- Get outside and play.

MULTI SPORTS AGES 5-7- 9:00am-1:00pm, \$149

MULTI SPORTS AGES 7-14- 9:00am-3:00pm, \$169\*

\*Please bring a lunch.

Experience 15 Sports from around the world including: Bocce, Flag Football, Lacrosse, Rugby, Tennis, Baseball, Cricket, Field Hockey, Net Ball, Soccer, Badminton, Basketball, Volleyball, Handball, Polo, Softball, Parachute Games and more. Campers will receive technical instruction in each sport and will then experience the sport in a realistic game situation by playing USSI Olympic Games and World Cup competitions.

July 26-30; Jones Field, Monday-Friday.

Includes t-shirt and certificate.



### NFL FLAG FOOTBALL- Get outside and pass.

For grades 6-8, Co-Ed. Sign up now~ DEADLINE IS AUGUST 9. Please register early.

**General Information:** Practices will be 1-2 evenings per week in Alton. Games will be held on Friday evenings in Alton. Our focus is teamwork, fun, and learning.

**Equipment needed:** Team reversible jerseys and belts with flags are provided, please indicate player's shirt size on the registration form. All players must have their own football, and water bottle. The first practice starts August 28. \$35.00 registration fee before/on August 9, \$50.00 after August 9 and placed on wait list. To register for this program an online waiver form needs to be completed- go to:

[www.active.com/event\\_detail.cfm?event\\_id=1718080](http://www.active.com/event_detail.cfm?event_id=1718080)

If you do not have internet access please use the Gilman Library or contact the Alton P&R Department.

### Youth Program Guidelines and Rules for Safety:

1. *Participants must be pre-registered in advance.*

*Check for space availability if registering after the stated deadline.*

2. *Your child must be picked up promptly upon dismissal of a program.*

*You are responsible for your child when the program ends. A late fee of \$1.00 per minute will be charged for each minute after our end time. There is a five-minute grace period.*

3. *Children will only be released to adults listed on the registration form or to an adult with written permission from a parent. Please have transportation to and from the program before signing up.*

4. *Our programs are for fun however sometimes we encounter children that need guidance on appropriate behavior. Misbehavior by participants will not be tolerated. Disciplinary action steps include a time out, call to the parents and dismissal from program.*



### When preparing your children to attend our outdoor activities please remember to do the following:

1. *Apply sunscreen/sunblock clothing to your child.*

2. *Send extra drinking water with your child.*

3. *Be sure to dress your child appropriately for the activity.*

4. *Encourage your child to have fun, make new friends and enjoy everything our programs have to offer!*

*We are all about making this fun for you.*

## SENIOR ACTIVITIES

### COUNTRY LINE DANCING LESSONS

Great exercise and a lot of fun in our air conditioned building. Learn new dances every week. All abilities are welcome. Thursdays, June-September, Drop in anytime. 1:00pm-3:00pm

Alton Bay Community Center, \$3/summer season

### SENIOR BINGO

Co-Sponsored with Profile Bank. Alton seniors will enjoy playing novelty BINGO games and winning prizes. Refreshments will be served.

June 18, July 16, August 20, 1:00pm-3:00pm

Pearson Road Community Center, Free



**WALKING/BE FIT CLUB-** Get outside and walk. Enjoy walking in the fresh air and looking at the birds and wildlife. The program begins with a light warm up followed by strengthening exercises and a "go at your own pace walk". Tuesdays and Thursdays. Please register by July 1. July 6-August 26

9:00am-9:45am, Minimum 5, Maximum 10

A.V.A.S. Public Park, \$8 for 8 week summer session

### Alton Senior Center Summer Programs-

Each day a nutritious luncheon provided by CAP is served at noon as well as daily Meals-On-Wheels program. Ongoing activities consist of watercolor, acrylic painting, drawing classes, tai chi, qigong and meditation classes, walking, hiking and kayaking groups, health and wellness clinics, trips, computer classes, a community garden, transportation services, educational guest speakers and more. Please stop in at 7 Pearson Road or call the Center's Director, Amy Braun at 875-7102, for more information.

### Special Thanks to the Alton Garden Club

Thank you for your time and hard work keeping the flowers looking absolutely wonderful. You are all sincerely appreciated.



### New Ideas!



We do our best to provide the community with diverse recreation programs to meet the needs and interests of everyone. Because of your diverse needs, creative input is important in developing new programs or improving existing ones. Please feel free to contact us with your suggestions and ideas.



## ADULT ACTIVITIES

### Adult Physical Fitness Programs

#### ALTON YOGA CENTER

Certified Yoga Instructor Sheila Marston leads the Yoga classes. All classes are held at the Alton Bay Community Center and are \$25 for a 4 week monthly session or \$7 per class, drop in. Our Yoga classes are reimbursable by many health insurance companies. Please pre-register to reserve your space.

**Yoga-** The class is geared toward participants who have been practicing Yoga and know basic postures. We will focus on several breathing techniques, postures and proper alignment.

Thursdays, 7:00pm-8:00pm

**Yoga Flow-** Sun salutations and a variety of postures that flow together using the breath.

Saturdays, 8:00am-9:00am



#### ZUMBA

Our energized instructor, Michelle Andrews, will lead you through routines that feature interval training where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. We are adding fun and flowing music and it's a workout that your body will enjoy. Program is reimbursable by many health insurance companies.

Mondays and Wednesdays;

Alton Bay Community Center; 8:00am-9:00am.

\$40/ 4 week session or \$8 drop in.

Call the office for session dates.

#### OUTDOOR FIT CHALLENGE

Get outside and feel alive.

Get motivated, get fit and get outside. We are offering fun-filled waterfront workouts anyone can do using outdoor equipment for stretching, strength training, cardio and endurance. We will walk, run, hike, climb, do an obstacle course and more. There is a personal success training component with motivation, direction and nutritional tips. Make a difference in yourself and feel better by moving your body and getting outside. Outdoor Fit Challenge is an eight week program. Program is reimbursable by many health insurance companies.

Tuesdays and Thursdays; 6:00am-7:00am; Alton Bay Bandstand; \$99, includes water bottle and t-shirt.

Call the office or [www.fitchallenge.org](http://www.fitchallenge.org) for the next session dates: June-August.

## ADULT SPECIAL INTEREST

### ADULT CO-ED VOLLEYBALL

The Adult Volleyball Program for players 18 years and older is currently being held at the Alton Central School. The program is free and players can drop in anytime, a signed waiver form and proof of personal health insurance is required to participate. No prior experience or commitment is necessary but be prepared for some coaching and tips so everyone can improve their skills. For day/time and additional information contact Steve Renner at 285-5095.

### MEN'S BASKETBALL

Pick up games at Alton Central School on Thursdays evenings starting at 8:00pm for men 30 years and older. The program is ongoing and is free, drop in any time. For more information please contact Everett Clark at 520-7761.

### SQUARE DANCING

Community members are having a grand old time at the Alton Bay Community Center on Monday nights, 7:00pm-9:00pm, June 21-August 30. A-1 Square Dance Program, all dances are called. Building is air conditioned. Donations accepted.



### MIKE BURKE VOLLEYBALL TOURNAMENT

- Get outside and bump.

Co-Ed teams of four (one woman minimum required) will play for the tournament title. Prizes awarded. All proceeds will benefit the Mike Burke Memorial Fund. Registration deadline is July 9. Max. 5 teams.  
Sunday, July 25- A Team  
Sunday, August 1- B Team  
9:00am, Mike Burke Memorial Volleyball Court  
\$20pp, includes tournament shirt and refreshments

### CO-ED ADULT SOFTBALL LEAGUE

Get outside and catch.  
Games are held as scheduled at Town of Alton fields. Games begin at 6:00pm. Check out our web site to view the league schedule.

**MEDITATION FOR BEGINNERS-** 2 part class  
Mindfulness meditation, breathing and self awareness. Participants will learn the mental and physical benefits and uses of meditation and will be able to practice meditation in their everyday lives.  
Please register by July 12.  
July 27 and August 3, 6:00pm-8:30pm,  
Gilman Museum, \$50

### REIKI SHARING- TREATMENTS

Have you heard about Reiki and want to try it yourself? Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. A treatment feels like a wonderful glowing radiance that flows through and around you. This is a great opportunity to experience a natural, non-invasive healing process. Reiki practitioners will be offering Reiki treatments. Please pre-register by July 9. All ages are welcome.  
July 20; Gilman Museum  
5:30pm-7:00pm, Free

### ENERGY HEALING WORKSHOP

Reiki Master Teacher, Carol Wallace, will present and discuss the Reiki Energy Healing technique that is becoming more popular today. Learn about Reiki and its natural benefits for you and your family.  
August 26, Gilman Library, 6:00pm-7:00pm, Free

### Thank you to all of our Volunteers

"We make a LIVING by what we GET... We make a LIFE by what we GIVE." We would like to thank all of the volunteers who have helped the Alton Parks and Recreation Department this past year. We appreciate your time and effort immensely.

## PROGRAM INFORMATION

### STAFF

Kellie Troendle, CPRP, Director  
Kristin Thomas, Youth Program Director  
Larry Nolan, Maintenance  
Joe Laurendeau, Janitor

### PARKS AND RECREATION COMMISSION

William Lionetta, Chairman  
Gerald Theodora, Member  
Cydney Johnson, Member  
Cathy Burke, Member  
Liz Shelton, Alternate  
Peter Bolster, Selectmen's Representative



Phone: (603) 875-0109

Fax: (603) 875-0242

e-mail: [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov)

[www.altonparksandrecreation.com](http://www.altonparksandrecreation.com)

Alton Parks and Recreation Department  
P.O. Box 659, Alton, NH 03809.



**Please recycle this brochure.  
If you already have one, please give it to a friend.**

## Statement of Purpose

The Alton Parks and Recreation Department's mission is to promote and provide opportunities to enjoy meaningful leisure experiences with the provision of quality leadership, the development and maintenance of safe recreation facilities, the conservation and preservation of natural and open space and creative community programs which are all essential to the well being of our citizens and the positive quality of life in the Town of Alton.

## Registration & Payment



Full payment is required with completed registration forms. Drop registrations at the AP&R office or mail along with a check or money order payable to: Town of Alton, P.O. Box 659, Alton, NH 03809. No cash please. A \$25.00 fee will be charged for returned checks.

## Refunds



Refunds will be issued if participants cancel before the activity begins minus a \$5.00 processing fee. Please note it takes two weeks to process a refund.

## Photo Policy



Photos may be used in publications, web site, brochures or video productions.

**Special Value Offer-** Register by June 8 and receive a \$5 discount per person on your summer program registration (not including sports camps and soccer/football leagues).

## Parks and Recreation Facilities:

**Railroad Square Park-** waterfront park, swim dock, boat launch, benches, picnic tables, drinking water, bandstand, phone.

**Town Beach-** swimming area, restrooms, benches.

**Liberty Tree Park-** two tennis courts, sand volleyball court, two basketball courts, skateboard park, slide and swings, picnic tables, benches, drinking water, canoe launch.

**Jones Field-** playground, baseball and softball field, fishing, picnic tables, canoe launch.

**Levey Park-** picnic area, trail, drinking water.

**Harmony Park-** fishing, picnic area.

## Jones Field and Bandstand

Call 875-0109 to schedule facility use. Facilities are open to the public for family, or organization events.

## BENEFITS THE PARKS & RECREATION DEPARTMENT OFFERS:

### Personal Benefits

- Physical recreation and fitness contributes to a **FULL AND MEANINGFUL LIFE**.
- Regular physical activity is one of the very best methods of **HEALTH INSURANCE** for individuals.
- Relaxation, rest and revitalization through the opportunity of leisure is **ESSENTIAL TO STRESS MANAGEMENT** in today's busy and demanding world.
- Meaningful leisure activity is an essential **SOURCE OF SELF-ESTEEM AND POSITIVE SELF IMAGE**.

### Economic Benefits

- Recreation and park services are often the **CATALYST FOR TOURISM**, a growing sector of our economy.
- A fit work force is a **PRODUCTIVE WORK FORCE**.
- **INVESTMENTS IN ENVIRONMENTAL PROTECTION** through the provision of parks and open spaces **PAY FOR THEMSELVES**.
- Parks and Recreation services motivate **BUSINESS RELOCATION AND EXPANSION** in our community.

### Social Benefits

- Leisure provides leadership opportunities that **BUILD STRONG COMMUNITIES**.
- Community recreation **REDUCES ALIENATION, LONLINESS AND ANTI-SOCIAL BEHAVIORS**.
- Recreating together **BUILDS STRONG FAMILIES**, the foundation of a stronger society.
- **INTEGRATED AND ACCESSIBLE LEISURE SERVICES** are critical to the quality of life to people with a disability and disadvantaged individuals.

### Environmental Benefits

- Parks and open spaces bring beauty to an area while **GIVING PEOPLE SATISFACTION AND IMPROVING THEIR QUALITY OF LIFE**.
- **INVESTING IN THE ENVIRONMENT** through parks and the provision of open space in residential areas leads to an increase in neighborhood property values through accessibility to environmentally friendly green spaces and associated recreation opportunities.
- The trend toward natural environment-based leisure activities is **INSURANCE FOR A NEW AND IMPROVED ENVIRONMENTAL FUTURE**.



Alton Parks and Recreation is a member of the New Hampshire Recreation and Park Association, the National Recreation and Park Association and the New England Park Association.

**INSERTS PROVIDED FOR REGISTRATION OF PROGRAMS. PLEASE FEEL FREE TO PICK UP AS MANY AS NEEDED TO ACCOMPANY THIS SUMMER PROGRAM BROCHURE.**